

## Top tips for encouraging positive internet use

The internet is a fantastic resource for people of all ages, but sometimes children need a bit of extra help to discover all the good bits. Here are some of our favourite practical tips on helping young people get the most from the online world.

- 1. Learning to code.** It's hard to escape the hype about how important tech skills will be in your child's career, but it can be just as hard to figure out how to help them learn. If you think your child might be curious about programming, there are lots of resources you can access online, like Scratch (<https://scratch.mit.edu/>). If you think they'd like to learn in a more social setting, try looking for a Code Club in your area.
- 2. Curate a positive digital profile.** Encourage your children to build a positive digital footprint. That's not just about ensuring that their social media profiles don't have negative things on them; it's also about creating a positive, impressive digital persona. This is particularly relevant when it comes to documenting their extracurricular interests or achievements. If they are interested in journalism for example, maybe they could start blogging or vlogging. If they've performed in a show, or won a competition, they should document that online. Learning how to recognise your achievements and skills, and record them, is a useful skill: it will be a key part of putting together a fantastic CV, whether it's published online or offline.
- 3. Trying something new.** If you have a younger child, you could help them learn a new skill, using information online. From playing the guitar or baking a Victoria sponge to building a computer in 30 minutes, you can find a tutorial on YouTube for just about anything. Have a look with them, find something you're both interested in, and work on it together. This will help build their digital literacy by teaching them how to research and find the information they need online to achieve a certain goal, and apart from that, it will be a fun activity you can do with them! If you've got a young child, you can turn on Restricted Mode or try YouTube Kids to keep out any inappropriate results.